

## KEY RECOMMENDATIONS ON WATER, SANITATION AND HYGIENE **COVID - 19<sup>1</sup>** IN THE COMMUNITY



### KEY RECOMMENDATIONS ON WATER, SANITATION AND HYGIENE COVID - 19 IN THE COMMUNITY<sup>2</sup>

Good water, sanitation and hygiene practices, in particular handwashing with soap and clean water, must be strictly applied and maintained, as they constitute an important additional barrier to the transmission of COVID-19 and the transmission of infectious diseases in general (WHO, 2002)

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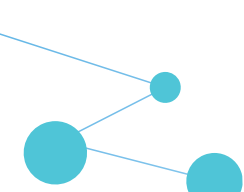
<sup>2</sup> These recommendations are based on scientific evidence available as of March 23rd, 2020.



- Wash your hands regularly when they have been in contact with surfaces in public areas such as in markets, shopping malls, places of worship, train / bus stations, schools, etc.
- Wash your hands regularly at home before preparing food, before and after eating, after using the bathroom and changing a child's diaper; and after touching animals.
- Handwashing facilities that operate with soap and water should be near toilets.
- When water storage is necessary, be sure to store it in a clean container with a lid.
- If you do not have access to chlorinated water for drinking, you should use 5% sodium hypochlorite, 2 drop per litre of water, mix well and wait 30 minutes before using it.

**When there are suspected or confirmed cases of COVID-19 in the home, some immediate actions that can be taken:**

- Regularly and frequently clean the surfaces touched in the entire care area of the family member with symptoms (bedroom furniture).
- Clean and disinfect toilets daily.
- Use soap or household detergent to clean first, after rinsing, use common household products containing 5% sodium hypochlorite to produce a disinfectant solution with 0.1% concentration
- Wear disposable mask, goggles, fluid resistant apron, and disposable gloves (personal protective equipment - PPE) while cleaning. Remember that these supplies are for personal use.
- Wash your hands with soap and water or a 70% alcohol -based hand sanitizer after removing PPE.
- The toilet (when possible) should be flushed with the lid down to avoid drip splashes and spray clouds.
- Be sure to dispose of nose, mouth, eye and anal cleaning residue in a bag.



## DISINFECTANT SOLUTIONS

Product	Use	Final Disinfection Concentration
Sodium hypochlorite 5 %	Disinfection of environments Disinfection of cleaning utensils	0.1% (1 part of chlorine with 49 parts of water or 20ml chlorine in 1 litre of water)
Sodium hypochlorite 5 %	Disinfection of clothes Cleaning of hands	0.05% (1 part of chlorine with 99 parts of water or 10ml of chlorine in 1 litre of water)
Gel alcohol solution	Hands Hygiene	70% isopropanol o 70% to 85% ethanol
Liquid alcohol solution	Disinfection small surfaces	Ethanol 62%-70%

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